

2009 WESTERN INTERNATIONAL-35th Annual

Sat. Sept 26 at Thames Valley GC, London

26/09/2009

24th year at Thames Valley GC

Team Statistics for: Event # 1 WOMENS 5K Run

TEAM		GUELPH GRYPHONS		SCORE:	30	PLACE:	1
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
1-1	Lindsay Carson		E3	1	17:02	3:25	5:29
3-3	Genevieve Lalonde		R	3	17:36	3:32	5:40
7-7	Courtney Laurie		E4	2	18:16	3:40	5:53
8-8	Laura McIvor		E3	5	18:18	3:40	5:54
11-11	Lindsay Furtado		E3	7	18:21	3:41	5:55
=====							
14-14	Jess VanHie		E3	9	18:29	3:42	5:57
16-16	Samantha Beattie		E2	10	18:38	3:44	6:00
=====							
26	Tara MacDonald		E2	8	19:08	3:50	6:10
41	Lydia Frost		E2	12	19:25	3:53	6:15
47	Gabrielle Foran		E2	11	19:30	3:54	6:17
	Karoline Hoy		E3	6	DNF		
Top 5 Total Time:		89:33			Top 5 Average Time:		17:55
Top 5 Average per KM:		3:35			Top 5 Average Per MILE:		5:46
1 - 5 Split:		1:19			1 - 7 Split:		1:36
Top 7 Total Time:		126:40			Top 7 Average Time:		18:06

TEAM		MCMMASTER MARAUDERS		SCORE:	65	PLACE:	2
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
6-6	Jessica Pearo		E3	14	18:14	3:39	5:53
9-9	Jillian Wyman		E3	13	18:19	3:40	5:54
12-12	Sara Giovannetti		E2	15	18:25	3:41	5:56
18-18	Sarah Haliburton		E2	17	18:51	3:47	6:05
20-20	Katie Anderson		E2	16	18:56	3:48	6:06
=====							
27-26	Victoria Coates		R	19	19:10	3:50	6:11
42-40	Rachel Lamb		E2	20	19:27	3:54	6:16
=====							
43	Stephanie MacNeil		E1	18	19:28	3:54	6:16
51	Caitlin Bass		E2	24	19:34	3:55	6:18
53	Courtney Patterson		R	22	19:36	3:56	6:19
71	Lisa Giles		R	21	20:04	4:01	6:28
85	Bronwen Douglas		E4	23	20:40	4:08	6:40
Top 5 Total Time:		92:45			Top 5 Average Time:		18:33
Top 5 Average per KM:		3:43			Top 5 Average Per MILE:		5:59
1 - 5 Split:		:42			1 - 7 Split:		1:13
Top 7 Total Time:		131:22			Top 7 Average Time:		18:46

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TEAM		WESTERN MUSTANGS		SCORE: 101		PLACE: 3	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
10-10	Lorelle Convery		E4	38	18:20	3:40	5:55
13-13	Lynn Mockler		E4	37	18:28	3:42	5:57
21-21	Alicia Knox		R	39	18:59	3:48	6:07
22-22	Laura Desjardins		E2	41	19:02	3:49	6:08
36-35	Hailey Cummings		R	40	19:19	3:52	6:14
=====							
54-47	Hilary Egan		E4	43	19:37	3:56	6:19
67-57	Lauren Coutts		E3	44	19:55	3:59	6:25
=====							
74	Sara Leo		E4	45	20:07	4:02	6:29
	Rachel Windsor		R	42	DNF		
	Top 5 Total Time:	94:08			Top 5 Average Time:	18:50	
	Top 5 Average per KM:	3:46			Top 5 Average Per MILE:	6:04	
	1 - 5 Split:	:59			1 - 7 Split:	1:35	
	Top 7 Total Time:	133:40			Top 7 Average Time:	19:06	

TEAM		QUEEN'S GAELS		SCORE: 134		PLACE: 4	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
19-19	Patricia Roney		E4	86	18:53	3:47	6:05
24-24	Maggie Hutton		R	91	19:05	3:49	6:09
29-28	Nadia Tatlow		E3	88	19:12	3:51	6:11
31-30	Stephanie Hulse		R	89	19:14	3:51	6:12
34-33	Leah Larocque		E3	85	19:18	3:52	6:13
=====							
39-38	Alecia Kallos		E1	90	19:24	3:53	6:15
40-39	Grace Keenleyside		E3	92	19:24	3:53	6:15
=====							
45	Julie McVicar		E4	94	19:29	3:54	6:17
55	Carla Murphy		E4	95	19:38	3:56	6:20
57	Heather Bijman		E3	96	19:41	3:57	6:21
68	Ekizabeth Miller		E5	93	19:56	4:00	6:25
	Top 5 Total Time:	95:42			Top 5 Average Time:	19:09	
	Top 5 Average per KM:	3:50			Top 5 Average Per MILE:	6:10	
	1 - 5 Split:	:25			1 - 7 Split:	:31	
	Top 7 Total Time:	134:30			Top 7 Average Time:	19:13	

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TEAM		GENESE0 KNIGHTS		SCORE: 135		PLACE: 5	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
17-17	Marissa Liberati		R	26	18:49	3:46	6:04
25-25	Brigid Heenan		R	28	19:05	3:49	6:09
28-27	Maggie Morris		E4	27	19:12	3:51	6:11
33-32	Erin Marks		E4	31	19:17	3:52	6:13
35-34	Liz Montgomery		E4	30	19:19	3:52	6:14
=====							
49-44	Alyssa Smith		E2	25	19:31	3:55	6:17
60-51	Esther Lok		R	35	19:47	3:58	6:23
=====							
64	Emily Sullivan		R	33	19:52	3:59	6:24
69	Becky Huben		E4	32	19:57	4:00	6:26
73	Ashley Jones		E2	29	20:06	4:02	6:29
82	Samantha Legere		E2	36	20:32	4:07	6:37
95	Kate Moynihan		R	34	21:00	4:12	6:46
Top 5 Total Time:		95:42		Top 5 Average Time:		19:09	
Top 5 Average per KM:		3:50		Top 5 Average Per MILE:		6:10	
1 - 5 Split:		:30		1 - 7 Split:		:58	
Top 7 Total Time:		135:00		Top 7 Average Time:		19:18	

TEAM		TORONTO VARSITY BLUE		SCORE: 173		PLACE: 6	
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
2-2	Tamara Jewett		E2	49	17:32	3:31	5:39
4-4	Erin McClure		E5	50	17:49	3:34	5:45
30-29	Elonnai Hickok		E3	51	19:13	3:51	6:12
84-68	Brenda Colley		E3	54	20:36	4:08	6:38
87-70	Monica Lau		E5	53	20:41	4:09	6:40
=====							
88-71	Alex Digiacomo		E3	52	20:42	4:09	6:40
93-74	Adelaida Blaxley		R	57	20:50	4:10	6:43
=====							
96	Katie Housley		R	56	21:02	4:13	6:47
99	Paulina Maher		R	55	21:15	4:15	6:51
Top 5 Total Time:		95:51		Top 5 Average Time:		19:11	
Top 5 Average per KM:		3:51		Top 5 Average Per MILE:		6:11	
1 - 5 Split:		3:09		1 - 7 Split:		3:18	
Top 7 Total Time:		137:23		Top 7 Average Time:		19:38	

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TEAM WINDSOR LANCERS		SCORE: 176		PLACE: 7			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
5-5	Dayna Pidhoresky		E5	70	18:06	3:38	5:50
38-37	Jenn Corrick		E2	61	19:23	3:53	6:15
48-43	Carly Gill		E4	62	19:31	3:55	6:17
50-45	Krystal Goodwin		R	64	19:32	3:55	6:18
52-46	Alyssa Thrasher		E3	71	19:35	3:55	6:19
58-49	Laura Gill		E4	63	19:42	3:57	6:21
62-53	Ashley Kellam		E3	66	19:50	3:58	6:24
90	Kelly Laing		E2	68	20:45	4:09	6:41
91	Heather Kurpe		E2	67	20:48	4:10	6:42
101	Hayley Green		R	65	21:16	4:16	6:51
	Meaghan Morand		R	69	DNF		
Top 5 Total Time:		96:07			Top 5 Average Time:	19:14	
Top 5 Average per KM:		3:51			Top 5 Average Per MILE:	6:12	
1 - 5 Split:		1:29			1 - 7 Split:	1:44	
Top 7 Total Time:		135:39			Top 7 Average Time:	19:23	

TEAM LAURENTIAN VOYAGUERS		SCORE: 200		PLACE: 8			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
23-23	Lindsay Anderson		R	109	19:02	3:49	6:08
37-36	Gracie Tetzlaff		E2	112	19:22	3:53	6:15
44-41	Maggie Robins		E4	113	19:28	3:54	6:16
46-42	Emma Tallman		E2	111	19:29	3:54	6:17
70-58	Heather Stroeder		E3	110	20:00	4:00	6:27
79-64	Stephanie Flieler		E4	114	20:20	4:04	6:33
97-76	Hannah Mccurdy-Adams		R	116	21:02	4:13	6:47
107	Hilary Kilbreath		E4	115	21:42	4:21	7:00
Top 5 Total Time:		97:21			Top 5 Average Time:	19:29	
Top 5 Average per KM:		3:54			Top 5 Average Per MILE:	6:17	
1 - 5 Split:		:58			1 - 7 Split:	2:00	
Top 7 Total Time:		138:43			Top 7 Average Time:	19:49	

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TEAM		MCGILL MARTLETS			SCORE:	231	PLACE:	9
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
15-15	Melanie Myrand		E2	73	18:37	3:44	6:00	
56-48	Catherine Drouin-Audet		E3	74	19:40	3:56	6:20	
63-54	Madeleine Cummings		R	75	19:52	3:59	6:24	
65-55	Aimee Castro		R	76	19:53	3:59	6:24	
72-59	Lyndsey Pearsall		R	77	20:05	4:01	6:28	
=====								
75-60	Gina Pinsonnault		E3	78	20:11	4:03	6:30	
	Top 5 Total Time:	98:07			Top 5 Average Time:	19:38		
	Top 5 Average per KM:	3:56			Top 5 Average Per MILE:	6:19		
	1 - 5 Split:	1:28			1 - 7 Split:			
	Top 7 Total Time:				Top 7 Average Time:			

TEAM		RMC PALADINS			SCORE:	312	PLACE:	10
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
32-31	Cj Best		E2	186	19:15	3:51	6:12	
61-52	Leah Kellar		E5	181	19:49	3:58	6:23	
66-56	Marina Lowthian		R	187	19:54	3:59	6:25	
102-79	Jennifer Allan		R	182	21:17	4:16	6:52	
123-94	Mary Sun		E2	185	22:38	4:32	7:18	
=====								
130-100	Megan Cromarty		E1	184	23:06	4:38	7:27	
134-104	Amy Thornton		E3	183	23:47	4:46	7:40	
=====								
	Top 5 Total Time:	102:53			Top 5 Average Time:	20:35		
	Top 5 Average per KM:	4:07			Top 5 Average Per MILE:	6:38		
	1 - 5 Split:	3:23			1 - 7 Split:	4:32		
	Top 7 Total Time:	149:46			Top 7 Average Time:	21:24		

TEAM		WATERLOO WARRIORS			SCORE:	343	PLACE:	11
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
76-61	Kelly-Lynne Spettigue		E4	97	20:15	4:03	6:32	
77-62	Monika Bolejszo		E3	99	20:17	4:04	6:32	
89-72	Megan Hill		E5	100	20:44	4:09	6:41	
92-73	Stephanie Hinton		E2	101	20:50	4:10	6:43	
94-75	Brile Anderson		E2	98	20:57	4:12	6:45	
=====								
103-80	Brittany Baechler		E2	105	21:18	4:16	6:52	
104-81	Claire Lobsinger		E2	104	21:22	4:17	6:53	
=====								
116	Jenna Holz		E3	102	22:07	4:26	7:08	
	Top 5 Total Time:	103:03			Top 5 Average Time:	20:37		
	Top 5 Average per KM:	4:08			Top 5 Average Per MILE:	6:39		
	1 - 5 Split:	:42			1 - 7 Split:	1:07		
	Top 7 Total Time:	145:43			Top 7 Average Time:	20:49		

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TEAM NAZARETH GOLD FLYERS		SCORE: 366		PLACE: 12			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
78-63	Shannon Bradley		E4	145	20:19	4:04	6:33
80-65	Caitlyn Parmelee		E4	147	20:29	4:06	6:36
98-77	Kelsey Ryan		R	146	21:03	4:13	6:47
100-78	Sarah Wilcox		E3	148	21:15	4:15	6:51
106-83	Kelsey Mash		R	150	21:38	4:20	6:58
=====							
109-85	Samantha Hickok		E3	153	21:45	4:21	7:01
110-86	Jordan Knutsen		E2	156	21:45	4:21	7:01
=====							
114	Jessica Goodrich		E3	151	21:57	4:24	7:04
115	Crista Johnson		R	152	22:00	4:24	7:05
118	Jessica Stanchus		E3	154	22:11	4:27	7:09
122	Lauren Jamieson		R	149	22:32	4:31	7:16
129	Kayla Murphy		R	155	23:04	4:37	7:26
Top 5 Total Time:		104:44	Top 5 Average Time:		20:57		
Top 5 Average per KM:		4:12	Top 5 Average Per MILE:		6:45		
1 - 5 Split:		1:19	1 - 7 Split:		1:26		
Top 7 Total Time:		148:14	Top 7 Average Time:		21:11		

TEAM YORK LIONS		SCORE: 393		PLACE: 13			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
59-50	Kathryn Pistor		E2	121	19:43	3:57	6:21
81-66	Carol Graham		E2	122	20:29	4:06	6:36
83-67	Nicole Francki		R	123	20:33	4:07	6:37
132-102	Cristina Piticco		R	125	23:31	4:43	7:35
138-108	Nicole Melynk		E3	128	24:37	4:56	7:56
=====							
Top 5 Total Time:		108:53	Top 5 Average Time:		21:47		
Top 5 Average per KM:		4:22	Top 5 Average Per MILE:		7:01		
1 - 5 Split:		4:54	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

TEAM LAURIER GOLDEN HAWKS		SCORE: 433		PLACE: 14			
OVERALL							
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile
86-69	Catherine Sukkau		E3	133	20:40	4:08	6:40
112-88	Kristen Avery		E4	139	21:52	4:23	7:03
117-90	Keegan Castrillo		R2	135	22:10	4:26	7:09
119-91	Courtney Brohart		E2	134	22:12	4:27	7:09
124-95	Emily Ford		E3	137	22:42	4:33	7:19
=====							
127-98	Jennifer Prenger		E3	138	22:54	4:35	7:23
Top 5 Total Time:		109:36	Top 5 Average Time:		21:56		
Top 5 Average per KM:		4:24	Top 5 Average Per MILE:		7:04		
1 - 5 Split:		2:02	1 - 7 Split:				
Top 7 Total Time:			Top 7 Average Time:				

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TEAM		NIPISSING LAKERS			SCORE:	457	PLACE:	15
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
108-84	Felicia Saunders		R	170	21:43	4:21	7:00	
111-87	Ali Farlow		E5	169	21:46	4:22	7:01	
121-93	Taralynn Ray		E3	171	22:22	4:29	7:12	
125-96	Marina Demarco		E3	173	22:48	4:34	7:21	
126-97	Antoinette Busch		R	176	22:53	4:35	7:22	
=====								
128-99	Carly Drake		E4	175	23:02	4:37	7:25	
136-106	Melissa McKiel		R	174	24:13	4:51	7:48	
=====								
Top 5 Total Time:		111:32			Top 5 Average Time:		22:19	
Top 5 Average per KM:		4:28			Top 5 Average Per MILE:		7:11	
1 - 5 Split:		1:10			1 - 7 Split:		2:30	
Top 7 Total Time:		158:47			Top 7 Average Time:		22:41	

TEAM		BROCK BADGERS			SCORE:	467	PLACE:	16
OVERALL								
SCORE - PLACE	NAME	AGE	GR	BIB	TIME	Avg. Per KM	Avg. Per Mile	
105-82	Jessica Bozzo		R	162	21:34	4:19	6:57	
113-89	Katrina Massey		E3	160	21:53	4:23	7:03	
120-92	Brittany Dunbar		R	164	22:21	4:29	7:12	
131-101	Beth Thomson		E4	157	23:19	4:40	7:31	
133-103	Maria Washburn		R	158	23:39	4:44	7:37	
=====								
135-105	Terri Lynn Moffat		E2	165	24:10	4:50	7:47	
137-107	Sonya Broschinski		R	163	24:31	4:55	7:54	
=====								
139	Katie Dundas		E3	161	25:24	5:05	8:11	
Top 5 Total Time:		112:46			Top 5 Average Time:		22:34	
Top 5 Average per KM:		4:31			Top 5 Average Per MILE:		7:16	
1 - 5 Split:		2:05			1 - 7 Split:		2:57	
Top 7 Total Time:		161:27			Top 7 Average Time:		23:04	